

First Year Trip: Sea Kayaking the Apostle Islands



The Apostle Islands are a beautiful series of islands that spread out into Lake Superior at the northern end of Wisconsin. In your sea kayak, you can explore secluded beaches, sea caves, cliffs and old growth forests with newfound friends.

HERE'S WHAT TO EXPECT:

We will begin our journey learning the skills of kayaking on St. Louis Bay in Duluth, then go to the Apostle Islands National Lakeshore to practice those skills while learning more about Lake Superior, each other, the Lake, and life at UMD. Everyone will be involved with paddling, camp set-up, cooking, cleaning, and hiking.

WHEN:

Monday, August 31 – Thursday, September 3, 2009

WHERE:

We will be departing from the main entrance to Lake Superior Hall at **9am on August 31**.

PREPARATION:

- *Equipment* – attached is an equipment list that includes what we provide and what you need to obtain. **Follow this closely**, it is based upon extensive experience. Plan on weather that could range from the low 70's to the 40's and windy.
- *Schedule* – attached is an itinerary of what we will be doing.
- *Housing* – if you have an on-campus housing assignment you will be eligible to check in on Sunday, August 30 between 11am and 4pm and stay on campus the night before the trip. *Call the Housing Office at (218)726-8178 if you have any questions.* Bring your Housing Assignment letter.
- *Health & Liability Form* – complete these forms and return them within one week.

THE OUTDOOR PROGRAM PROVIDES:

We provide all group gear, food, quality paddling equipment, transportation, and expert instruction.

GOALS:

- Have Fun
- Meet other freshmen, students, and staff
- Transition into UMD
- Explore the Apostle Islands
- Learn sea kayaking skills
- Learn more about UMD

EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:

The Outdoor Program offers a wide variety of programs during the school year. Get involved!

Check out the website listed below.

GENERAL INFO:

Phone: (218)726-7128

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdrsop.org

The Real Classroom is Outside...Get Into It!

University of Minnesota Duluth - Outdoor Program

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This itinerary is designed to be flexible based on many factors that include: weather, skill levels, and interests. Listed are highlights of what will be seen and done.

Sunday, August 30

11am- 4pm – Early Check-In for ON-CAMPUS residents at 189 Lake Superior Hall. Bring your Housing Assignment letter.

5pm – Meet in the Lobby of Lake Superior Hall to learn more about your trip as well as meet leaders and other trip participants. You should be at this meeting.

Monday, August 31

9am – Meet in front of Lake Superior Hall's main entrance – divide into groups and load equipment and head out to Red Cliff, near the Apostle Islands National Lakeshore. Load gear into boats & paddle out to the Oak island campsite. Set-up camp and enjoy.

Tuesday, September 1

Rise and shine. Day trip to the Manitou Fish Camp, an old-time commercial fishing camp, and explore the caves of Manitou Island. Learn about the life in the islands and geology of the area. Stay at Oak Island. Beach combing, hiking, and swimming all could be a part of this day.

Wednesday, September 2

Eat breakfast, then load gear into boats and paddle to Sand or Basswood Island. En-route, stop at Raspberry Island Lighthouse, check out old ship wrecks, or hike old quarries and explore.

Thursday, September 3

Hike the island and discover the unique history of this island. Paddle to the take out and load equipment into the trailer and van. Drive back to Duluth. Unload equipment and clean-up.

6pm – Barbeque and campfire at the top of Rock Hill. Share your stories with other trip participants. WELCOME TO UMD.

FUN INFORMATION ABOUT KAYAKING WITH THE OUTDOOR PROGRAM IN THE APOSTLES:

- There are 22 islands in the Apostles Islands
- Numerous sunken ships dot the region. We will paddle over the Fedora and the Ottawa.
- Kayaks are great boats to use on Lake Superior because they are very sea-worthy and water tight.
- Some of the Apostle Islands have old growth forests, while others have been farmed or have had sandstone quarries.
- The water in some of the sheltered bays can get fairly warm, even up to 65 degrees.
- We eat well on these trips with meals ranging from stir-fry to Mexican night. There will always be a vegetarian option.

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Sea Kayaking Equipment List

On this trip the weather may vary from hot and sunny with a high of 70 degrees to cold, rainy, and windy and in the 40 degree range. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers. Your gear will be re-packed into dry bags in each kayak.

WE PROVIDE:

Double Sea Kayaks	Maps for the group
Wetsuits	Paddling Jackets
Paddles	Dry bags for gear
Life jackets	VHF Radio
Tents	Matches
Toilet tissue	Spare rope
Kitchen and cookware	First Aid kit
Each meal while on the trail	All transportation from UMD

YOU NEED TO BRING:

- Heavy duty garbage bags
- Sleeping pad (closed cell foam or Thermo-rest style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack
- 1 Pair pants (wool, nylon, supplex, or light cotton)
- 2 Piece rain-suit of durable material
- 1 Pair light tennis shoes for camp use
- 1 Pair long underwear (no cotton)
- 1 Pair shoes or boots which will get wet
- 3 Pair underwear
- 4 Pair wool socks
- 1 Small towel
- 1 Long sleeved shirt, 2 T-shirts
- 1 Pair shorts and 1 swimsuit
- 1 Heavy sweater
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Sunglasses with safety strap
- Gloves or mittens and a winter hat
- Pocket knife
- Sunscreen lotion
- Baseball style or wide-brim hat for sun protection
- Insect repellent
- Spare prescription glasses with safety strap
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- Flashlight w/ fresh batteries
- 1 quart unbreakable plastic water bottle
- Optional: Paddling gloves

RENTAL:

Our Rental Center has many items including sleeping bags & pads, rain gear. Call the Rental Center at 218-726-6134 to reserve equipment..

EQUIPMENT TIPS:

- Fleece and wool are great insulators – they even work when wet.
- Quality rain gear really helps you enjoy inclement weather.
- Old tennis shoes are fine for using in the kayak. Wear wool socks inside them. Bring wetsuit booties if you have them.
- Long underwear should be a synthetic material, not cotton
- Everyone will be wearing wetsuits while kayaking. They are great for keeping you warm. If there is a wind blowing, a nylon shell is very helpful.

EXTRAS YOU CAN BRING:

Camera, Journal, Pencil, book to read, field guides, personal map

DO NOT BRING:

- MP3 Players
- Cell phones
- Cosmetics
- Junk food
- Recreational drugs, alcohol, or tobacco

If you have equipment questions, contact us

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